

Apple Salad Dressing

Makes: 6 Servings

Use unsweetened apple juice to make this salad dressing.
The recipe adds zest to your salads.

Ingredients

1/4 cup apple juice

1/4 cup vegetable oil

3 tablespoons cider vinegar

2 tablespoons lemon juice

1 tablespoon sugar

salt & pepper (if you like)

Directions

1. Combine all ingredients in a tightly covered jar and shake well. If using salt and pepper, add that too.
2. Serve over fresh greens or pasta salad.

Source: Recipe adapted from Michigan Apples.

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	50 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	2 mg
Iron	N/A
Potassium	N/A

N/A - data is not available